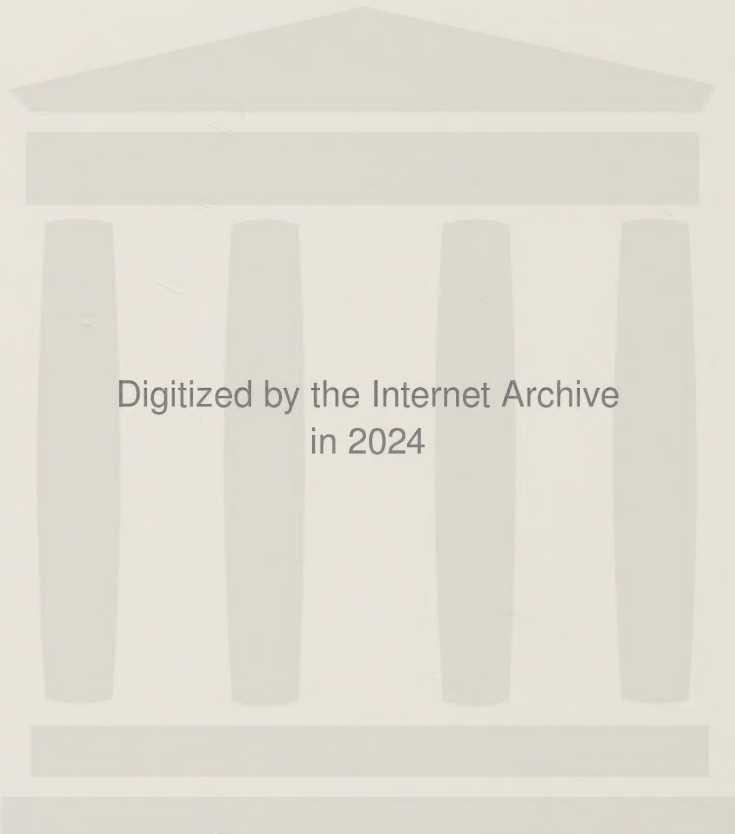


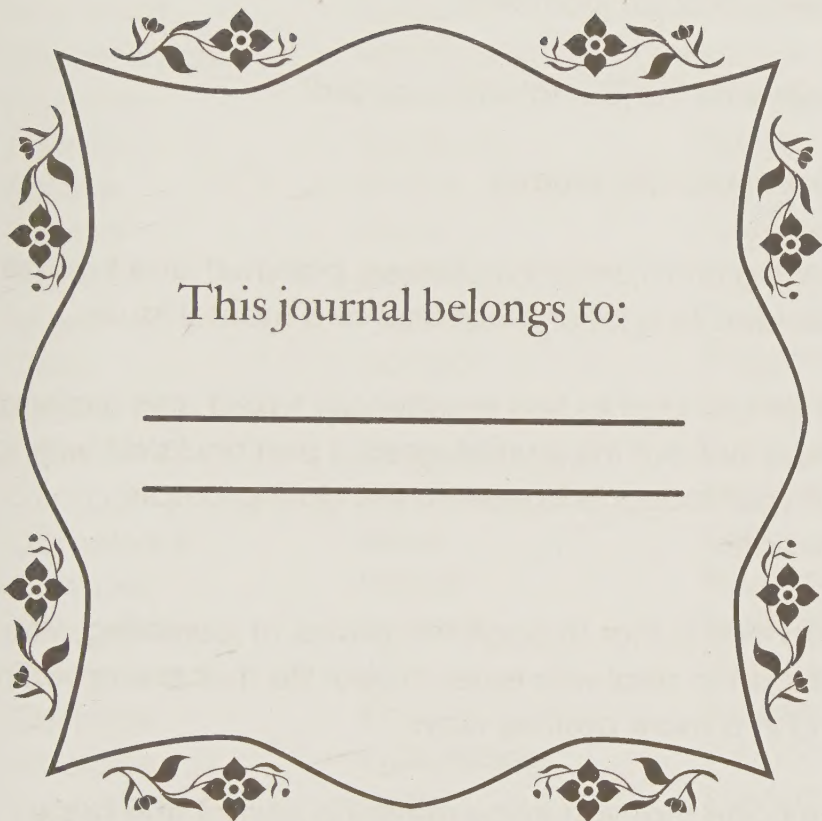
HEALING JOURNAL FOR BLACK WOMEN

With Daily Prompts





Digitized by the Internet Archive
in 2024



This journal belongs to:

Hello and Welcome!

Studies have shown that one of the most therapeutic ways to start the healing process and put your mind at ease is through journaling.

That's why this journal was created!

How to Use This Journal

Holding on to unresolved issues, pain, hurt and trauma can lead to a lot of emotional and mental issues.

When you start to feel emotionally taxed and drained, simply pull out this journal, grab a pen and start writing out your thoughts based on the daily prompts provided.

Our hope is that through the power of journaling, you will start to deal with issues in your life that are upsetting and in a more positive way.

We hope that you enjoy using this journal and hope that you have a more peaceful and worry-free life.

Healing Words List

Here are a few "healing" words in your journal to use to help you along your journey.

Abundant

Appreciation

Approve

Beautiful

Believe

Blessed

Bountiful

Brave

Calm

Celebrate

Conviction

Courage

Comeback

Conquer

Compassion

Courageous

Cultivate

Embrace

Encouraged

Energized

Excited

Excited

Faith

Flow

Forgive

Forgiveness

Growth

Gratitude

Grace

Grow

Growth

Healing

Healed

Healthy

Heavenly

Harmony

Hope

Honest

Inspired

Joy

Kind

Knowledge

Laugh

Light

Love

Maintain

Meaningful

Miracle

Motivate

Mending

Optimistic

Peace

Positive

Powerful

Prepared

Productive

Prosperous

Protect

Purpose

Rejoice

Rally

Recovery

Restoration

Strong

Success

Support

Strength

Thankful

Tranquil

Triumph

Victory

Well

Wonderful

*"I will restore your health
and heal your wounds",
Declares the Lord."*

-Jeremiah 30:17

— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Three things I *value* about myself are:



Week of:

Five things I am grateful for:



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are things that you've done in the
past that you need to let go of?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Where do I need healing?



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Write a letter to yourself of all the things
you wish you heard, but haven't yet.



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

How can I rest and recharge in this busy
season?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are you *naturally* drawn to?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

If you had a free day to do anything, how
would you spend it?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What do people ask your advice on? When
do people come to you?



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are some of your gifts?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What do you spend time reading or
studying about that help with healing?



Week of:

What are you grateful for today?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are your challenges right now and
how are you working through them?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Where can you find gratitude in your challenges? Where is acceptance needed?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Where am I uprooting? Where do I need to put my
roots back in order to keep growing?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Where do my thoughts wander? Are they resistant,
victimizing, or pessimistic?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What do I want my gratitude practice
to look like?



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

In what ways can I show more gratitude along
my healing journey?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Create a list of 50 things you're grateful for:



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are the things I need to say no to in order
to make room for “yes” moments?



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Where do I feel like there is not “enough” in my life?

How can I change my mindset around these things?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What boundaries do I need to create with my
unhealthy relationships?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are some memorized emotions that you'd
like to change?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Healing for me looks like...



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What brings you *joy*?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What would you do if you were BRAVE?



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What scary things would you like to do more of?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What is one of the most *empowering* things
you've done?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What new things would you like to learn? What is holding you back?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

In what situations have you let your
power slip away?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

In what ways have you made yourself *small*? Also
write down ways you plan to attack these beliefs
about yourself?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Write out your anger and frustrations (this is
a great way to release them)



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are some of your *favorite* songs or *quotes* to help bring you out of a bad mood or environment?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

If I could send a message of *healing* to the world, I
would write....



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Check-in with your body and your emotions; How do you feel right now? Why do you feel this way?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are some limiting beliefs you have about yourself?

How can you change them to a growth mindset?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

I feel most *feminine* when:



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Three things I *value* about myself are:



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Make a list of all the things that bring you *joy* then
do one each day.



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are some negative thoughts and emotions I've
felt that I can *let go of*?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

Name 3 *kind* things you can do for yourself
and do them.



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What are 5 ways that you practice self care?



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week of:

What would your life be like *without* trauma
you've experienced?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week Of:

Where do you feel the most loved and safe?



My Week at a Glance

How I'm Feeling:

Top 3 Healing Words of the Week:

I am Grateful For:

This Week I will Work Towards *Healing* By:

Week Of:

If you could re-write an outcome of a traumatic experience, how would you rewrite it?



— My Week at a Glance —

How I'm Feeling:

Top 3 Healing Words of the Week:

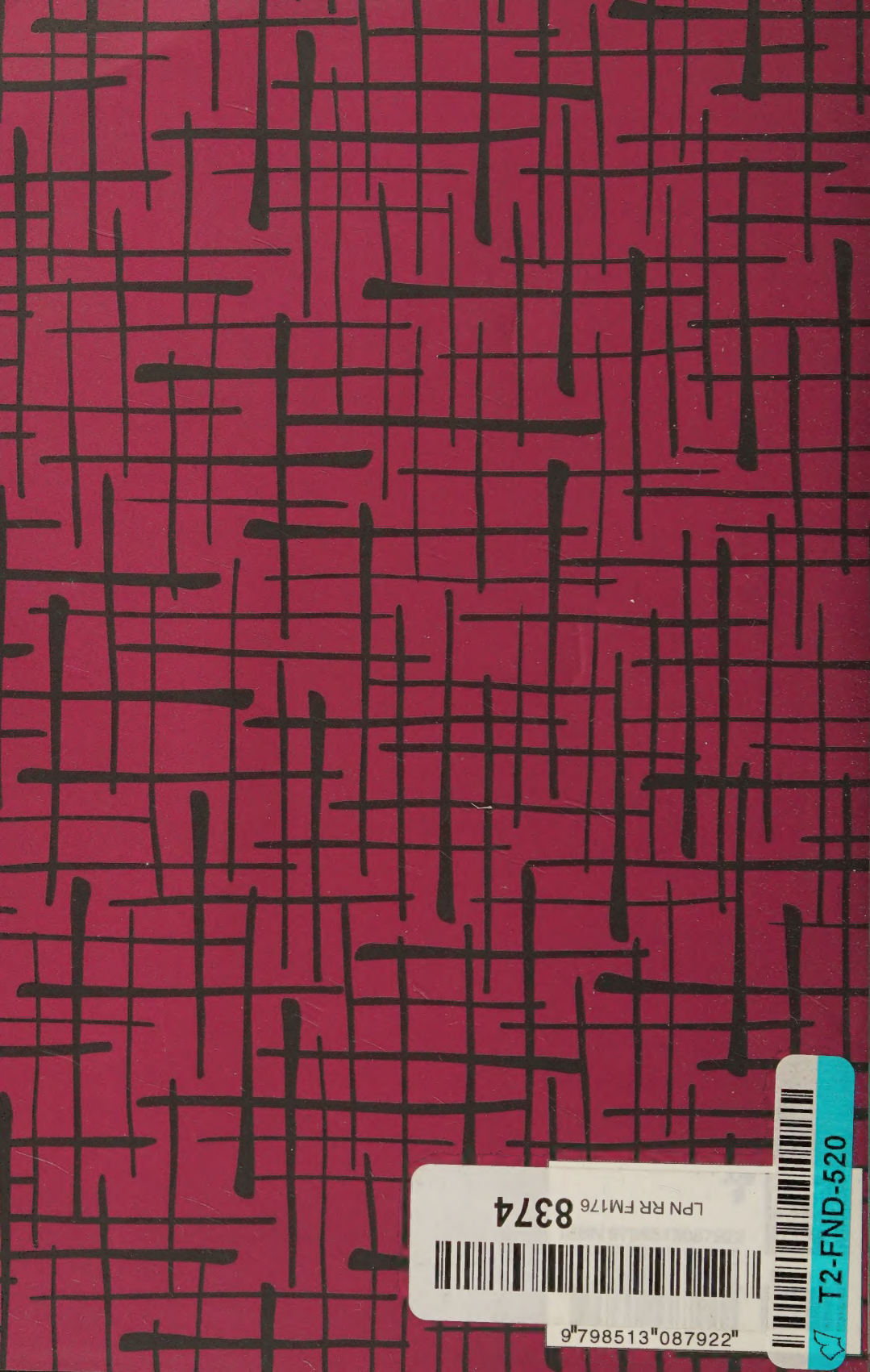
I am Grateful For:

This Week I will Work Towards *Healing* By:

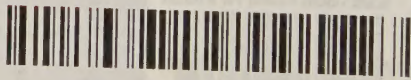
Made in the USA
Middletown, DE
01 December 2022



16671376R00060



LPN RR FM176 8374



9"798513"087922"

T2-FND-520

